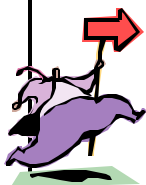




# CFA Today

February 2003

Volume 8, Issue 2



**NOTE: The Arts and Craft Center just received a truckload of ceramics—ready to paint. Come to building 1004 or call 833-2940.**

**MWR Phone Numbers:**

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Physical Fitness Center	833-2159
Vending Hot Line	833-2727
Recycling	843-7192



## ***Nobodies—First Two-Time Winner!***

By Ray Romero

**INSIDE:**

<i>Nobodies Enjoy a Two-Year Victory. . . 1</i>
<i>Continued . . . . . 2</i>
<i>Reserve Your Travel Trailer. . . . . 2</i>
<i>Birthday Club . . . . . 2</i>
<i>How are Your Nutrition Skills? . . . . . 3</i>
<i>Ceramics Galore. . . . . 4</i>
<i>Eagle's Nest. . . . . 5</i>

Community & Family  
Activities  
Building 1002  
Tooele Army Depot  
Tooele, UT 84074-5032  
(435) 833-3847

John C. Curwen  
Chief, Community & Family  
Activities

Circulation of the CFA Today  
is 1400

Editor: Colleen Gordon X2861

The Tooele Fantasy Football League has just completed its fourth year of play. A total of ten teams participated in the league this year. In the Northern Division there was, the team of Richard's Ratzz, coached by Richard Trujillo; the Ankleggrabberzz, coached by Tom Turner; the Bulldogs, coached by Doug Wolter; the Bandits, coached by Lynn Allie; and the Ram-Jam, coached by Jeff Rydalch.

In the Southern Division, we had the Nobodies, coached by Ray Romero; the Mudhens, coached by Jeff Gillette; the Who Cares, coached by Bob Vargas; J.C.'s coached by John Curwen; and the Mo-Fo's coached by Rick Speer.

The league started in September and ended in December.

Final standings are as follows:

Northern Division	Wins	Losses	Southern Division	Wins	Losses
Richard Ratzz	9	4	Nobodies	10	3
Ankleggrabberzz	8	5	Mudhens	9	4
Bulldogs	8	5	Who Cares	7	6
Bandits	5	8	J.C.'s	5	8
Ram-Jams	2	11	Mo-Fo's	2	11

(See Nobodies—Continued on Page 2)

(Nobodies—Continued from Page 1)

The top three teams in each division went to the play-off's. Ties were broken by head-to-head competition, with each division winner getting a first round bye. The team holding the best record played the team with the worst record.

#### Results of week one play-offs

The Ankleggrabberzz defeated the Bulldogs by a score of 53 to 46. In the second game, Who Cares upset the favored Mudhens by a score of 76 to 67.

#### Results of week two play-offs

Divisional winner, Richard's Ratzz, was overturned by the Ankleggrabberzz with a score of 78 to 28 to advance to the finals. In the other semi-final game, the favored Nobodies easily won their game over Who Cares by a score of 85 to 45, setting up the championship game.

As a result of this year's final, we have our first two-time winner of the coveted TFFL League Championship. Nobodies defeated last year's finalist the Ankleggrabberzz by a score of 69 to 35 to win the Traveling Trophy which will be displayed in his office for all to admire.....

We had our annual awards get-together on Thursday, January 16, 2003. Defeated teams are already gearing up for next year's Fantasy Football. They know that it's time for a change!

## ITR/OUTDOOR SHOP

by Lita McLemore



### Reserve Your Travel Trailer for Easter

If you are thinking of taking a trip down south for spring break, consider renting a trailer from the Outdoor Shop and travel in style and comfort. You can rent a twenty-foot Wilderness fully contained trailer for \$160 for a three-day weekend. Fully contained trailers have a shower, bath, stove, fridge and all the amenities. We also have a nineteen foot Mallard and eighteen foot Layton for a variety of choices in "layout." (The Mallard is \$150 for the weekend, and the Layton is \$140 for "regular" CFA memberships.) If you only have an auto to travel in, consider renting one of our ultra-light A-frame "pop-up" trailers, which are extra light and weigh only 600 pounds. Make your reservations three weeks in advance of your trip, or come to building 1011 today and make your own choice.

## Valentine Sweetheart Night!

Thursday,  
February 13, 2003  
6:00 PM—9:00 PM  
Call 833-5555  
for reservations  
(not required)

**Two dinners for the price  
of one  
Tender Prime Rib  
Buffet-Style  
and Dessert  
Only \$20.00  
(Beverage not included)**

## Happy Birthday to You! Birthday Winners for January 2003

TEAD Winner: Jim M. Garden—January 3  
Military Winner: Frank Stawarz—January 5  
DCD Winner: Bernice Johnsen—January 24

Call 833-2861 to enter the MWR Birthday Drawing. Winners will receive a FREE LUNCH at any of the MWR Food Operations. Give us your name, date of birth (no year), phone number and area you are from. You may also enter a friends name. Our next month will be February. All Military, TEAD, DCD, and Contractors are invited to participate. Winners will be published in the CFA Today.

Pick up your certificates from Colleen Gordon at building 1012 or call 833-2861.

## FAMILY SUPPORT SERVICES



### How Are Your Nutrition Skills?

It's February and a good time to change your eating habits. Along with good exercise, nutrition is a must.

### Nutrition Quiz

- Our bodies use \_\_\_\_\_ and \_\_\_\_\_ for immediate energy.
  - Oxygen and stored fat
  - Glucose and glycogen
  - Strength and endurance
- True or False: Loading up on carbohydrates prior to strenuous activity is recommended for endurance athletes.
- Dried fruit tastes great, but may be high in \_\_\_\_\_.
  - Minerals
  - Fat
  - Sodium
- True or False: Polyunsaturated fats have fewer calories than saturated fats.
- Match each food with its cholesterol content:
 

1 oz. cooked poultry	1. 35 mg.
1 tbsp. vegetable oil	2. 85 mg.
1 tbsp. butter	3. 25 mg.
1 cup ice cream	4. 0 mg.
- Around \_\_\_\_\_ grams of caffeine can be fatal.
  - 10
  - 25
  - 5
  - 50
- Which three are the best sources of dietary fiber?
  - Spaghetti
  - Rye bread
  - Apples
  - Lima beans
- To carry the label sodium-free, a food must have \_\_\_\_\_ mg. of sodium per serving:
  - less than 5
  - 5-10
  - 10-15
  - less than 20
- Which has fewer grams of fat: frozen yogurt or frozen tofu?
- The American Heart Association recommends no more than \_\_\_\_\_ mg. of cholesterol daily.
  - 100
  - 250
  - 600
  - 300

- Spaghetti (.8 gms.)
  - Rye bread (2.7 gms.)
  - Apples (3.9 gms.)
  - That's about as much as might be found in seventy to one hundred cups of coffee.
  - The yogurt, with 1 gram of fat per 4 ounce serving. Fro-
  - zen tofu has 12 grams of fat per 4 ounces.
  - d. 300 mg. of dietary cholesterol is a little more than there is in one egg or four quarter-pound hamburgers.
- Glucose, stored in the blood, and glycogen, stored in the muscles and liver, are used by the body for immediate energy. The body uses oxygen to burn stored fat when these energy stores are depleted.
  - False. Carbohydrate loading is of questionable value. Endurance athletes may improve stamina by increasing their complex carbohydrate intake to 70-80% of their diet.
  - Dried fruits are also high in calories because of the concentrated natural sugar. Fresh apricots have about 14 calories per ounce, dried, about 74 calories per ounce.
  - False. All fats have nine calories per gram.
  - 1 oz. cooked poultry 3. 25 mg.
  - 1 tbsp. vegetable oil 4. 0 mg.
  - 1 tbsp. butter 1. 35 mg.
  - 1 cup ice cream 2. 85 mg.
- Answers:
  1. b. Glucose, stored in the blood, and glycogen, stored in the muscles and liver, are used by the body for immediate energy. The body uses oxygen to burn stored fat when these energy stores are depleted.
  2. False. Carbohydrate loading is of questionable value. Endurance athletes may improve stamina by increasing their complex carbohydrate intake to 70-80% of their diet.
  3. c. Dried fruits are also high in calories because of the concentrated natural sugar. Fresh apricots have about 14 calories per ounce, dried, about 74 calories per ounce.
  4. False. All fats have nine calories per gram.
  5. 1 oz. cooked poultry 3. 25 mg.
  - 1 tbsp. vegetable oil 4. 0 mg.
  - 1 tbsp. butter 1. 35 mg.
  - 1 cup ice cream 2. 85 mg.





## ARTS & CRAFT CENTER

By Jan Kofford

**Potluck Lunch** will be Saturday, February 22, 2003. Bring a favorite dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.)

### New Temporary Hours of Operation:

Sunday—Thursday, 2:00 PM to 8:00 PM

Friday—Saturday, 9:00 AM to 8:00 PM

### Schedule for Classes

#### Basic Pottery Skills

Tue— 5:00 PM to 8:00 PM

Wed—5:00 PM to 8:00 PM

### Woodworking

Wed, Feb 12, 2003, 5:30 PM —7:30 PM

Fri, Feb 14, 2003, 12:00 noon—2:00 PM

Sat, Feb 15, 2003, 12:00 noon—2:00 PM

### Schedule for Certification:

Ceramic Technique

Thur 5:30 PM – 7:00 PM

Ceramic Certification

Thur 5:30 PM – 8:00 PM

Wood Shop Certification

Thur 5:30 PM—7:00 PM

Lapidary Certification

Thur 5:30 PM—7:00 PM

Do It Yourself Framing

Individual Appointment

**Due to popular request, the Arts & Craft Shop will be open extra hours for a trial limit of six weeks to see if there is enough business to warrant this new time frame (see above “New Temporary Hours of Operation.”)**



## BULLETIN!

**The Craft Shop just barely acquired a great quantity of ready-to-paint ceramics. Pick out your favorite and paint it all in one night! Come in and see what they have. (Those pictured are not necessarily the ceramics available.)**

# EAGLE'S NEST

by Shauna Fox

## Cherry Cheese Torte

2 pkgs. (3 oz. each) ladyfingers  
1 pkg. (8 oz.) cream cheese-softened  
1 C. plus 1 tsp. sugar, divided  
2 tsp. lemon juice  
1 tsp. grated lemon peel  
2 C. whipping cream  
1 can (21 oz.) cherry or blueberry pie filling

Place a layer of ladyfingers on the bottom and around the sides of an un-greased 9-in. spring-form pan. In a large mixing bowl, beat the cream cheese, 1 cup sugar and 1 teaspoon vanilla until smooth. Add lemon juice and peel; mix well.

In a small mixing bowl, beat cream until it begins to thicken. Add remaining sugar and vanilla; beat until stiff peaks form. Fold into cream cheese mixture. Spread half over crust. Arrange remaining ladyfingers in a spoke pattern over top. Evenly spread with the remaining cream cheese mixture. Top with pie filling. Cover and refrigerate overnight. Remove sides of pan just before serving. Yield: 12 servings.



## Homemade Fudge Sauce

1 1/4 C. sugar  
1 C. baking cocoa  
1/2 tsp. ground cinnamon  
1 C. whipping cream  
1/2 C. milk  
1/2 C. butter (no substitutes), cut into 8 pieces  
2 tsp vanilla extract

In a heavy saucepan, combine sugar, cocoa and cinnamon. Add cream and milk; mix well. Bring to a boil over medium heat, stirring constantly. Cook for 2 minutes. Remove from the heat; cool for 15 minutes. Add butter and stir until melted. Stir in vanilla. Cool to room temperature. Cover and store in the refrigerator. Stir before serving. Yield: 3 cups.

## FEBRUARY LUNCH MENU

Monday, February 3, 2003  
Ranch Style Pork Chops

Tuesday, February 4, 2003  
Taco Platter

Wednesday, February 5, 2003  
Old Fashioned Pot Roast  
w/Potatoes, Onions, & Carrots

Thursday, February 6, 2003  
Chef's Choice

Monday, February 10, 2003  
Roast Pork

Tuesday, February 11, 2003  
Meat Loaf

Wednesday, February 12, 2003  
Turkey and Dressing

Thursday, February 13, 2003  
Country Crisp Chicken Breast  
FREE Desert w/lunch  
Happy Valentine Day!

Monday, February 17, 2003  
President's Holiday

Tuesday, February 18, 2003  
Beef, Bean , & Cheese Burrito  
w/Chili Verde & Nachos

Wednesday, February 19, 2003  
Barbecue Baked Chicken

Thursday, February 20, 2003  
Chef's Choice

Monday, February 24, 2003  
Chicago Style Chili—Over Noodles

Tuesday, February 25, 2003  
Country Style Pork Fritters

Wednesday, February 26, 2003  
Roast Beef

Thursday, February 27, 2003  
Chef's Choice

## Abraham Lincoln's letter to Thomas Elkins on November 21, 1864

"We may congratulate ourselves that this cruel war, which has cost a vast treasure of blood and money, is almost over. But I see in the future a crisis approaching which fills me with anxiety. As a result of the war, corporations have become enthroned, and an era of corruption in high places will follow. The money power of the country will endeavor to prolong its rule by preying upon the prejudice of the people, until all wealth is concentrated in a few hands, and the republic destroyed. I feel at this time more anxiety for the future of my country than at any time in the past, even in the midst of war."

**A True Patriot** — "The only homage that counts is the homage of deeds not of words...Justice among the nations of mankind...can only be brought about by those strong and daring men...who love righteousness more than peace."

—Theodore Roosevelt